

Area 1 Integrates Healthy Living Into ILP Program



The Independent Living Program in Area 1 in partnership with the Cooperative Extension Service is adding a new class to their training curriculum, *Healthy Living*. At least 20, Area 1 ILP teens between the ages of 15 to 18 attended basic life skills training classes sponsored by the Washington County Extension office.

Charles Rhodes, Area 1 ILP Coordinator explains what the teens learn, “They get all the aspects of healthy eating habits, along with what the various food groups are, how to choose meals from the different food groups, how to comparatively price shop, and how to cut their food dollars by using coupons.”

During the class, ILP teens are divided into groups and each group is given a project to work on for the day. The teens plan menus and are even given a cookbook as part of the training. Once each group completes their “project”, it’s served as lunch for the kids, the staff and foster parents.

“It makes the class fun, gives them a chance to hear genuine praise for how good it was, and it makes them feel good about themselves. The kids hear some genuine compliments coming from others about something they were involved with,” says Rhodes. [More news from the Healthy Arkansas file....](#)

[Walking Away The Pounds](#)



Personnel Processing (OFA) has also answered the call for health fitness. The group consist of the following employees: Brinda Haltiwanger, Karen Lee, Lynette Findley, Tricia Persons, Freda Gray, Kim Johnson, Lora Chumney of Blue Cross/Blue Shield and Gloria Grayson of APERS. They are ‘Walking Away The Pounds’ every day from 12:00 p.m. until 12:30 p.m.. The group meets in a training room and march in place by instructions recorded on a VHS tape. The 2-mile videotapes consist of 30 minutes of brisk walk and 30 minutes of super-charged workout for abs. It is a total body-walking program that gives you serious fat-burning, muscle conditioning, and stretching in one energizing workout. For more information regarding this program, you may e-mail Brinda Haltiwanger (brinda.haltiwanger@arkansas.gov).

[Volunteer Firefighters Week Announced](#)

September is Arkansas Volunteer Month. DHS and its Department of Volunteerism are proud to announce that the governor has declared September 13 – 17 “Volunteer Firefighter’s Week” to recognize the outstanding service these men and women provide to their communities. There are 1,000 volunteer fire departments and 15,000 volunteer firefighters in Arkansas. Most volunteer firefighters are between the ages of 50 & 60 years old. More than 500 have been serving Arkansas for 20 years or more. Officials with the firefighter’s association say recruiting positions to fill the retirement void is difficult. “It’s getting harder and harder to get people to volunteer,” says Toni Perkins, president of the Arkansas Rural & Volunteer Firefighter’s Association. Why do people choose to be volunteer firefighters? Perkins says, “ They always come aboard to help the community. It’s almost an addiction: people’s gratitude even if it’s a loss and you just help them find their belongings maybe a not completely burned photo album.”

Men are not the only volunteer firefighters; Perkins and her husband are just one of the five volunteer firefighter couples in her department. Perkins says, “ It is actually very common for husbands and wives to volunteer together.” Who’s a volunteer firefighter? People from all kinds of professions are volunteer firefighters : laborers, PTA, computer specialists, air traffic controllers and more. Those interested in volunteering can visit our website: www.state.ar.us/dhs .

[Congratulations to...](#)

Aquonette White, DCFS (Miller County) , received a Master’s Degree of Psychology from Texas A & M University in Texarkana, Texas.

Homeless Outreach Event

DHS is participating, along with several other public and private partners in The Homeless Outreach Event Saturday, September 25th from 7:00 a.m. until 4:00 p.m. at Riverfront Park in North Little Rock. The goal of the one-day event is to provide hot meals, respite and access to services to the homeless community to encourage hope and health. The event will be sponsored by local, state and federal government agencies, business, faith and non-profit organizations. "The last stand down of this magnitude was nine years ago in September of 1995. There were at least 3000 people there," says Clorinda Arace, Arkansas State Homeless Outreach Coordinator for the Department of Community Services.

What can DHS employees do to help? "DHS has been designated to provide socks and underwear. Each division can take up a collection and we will buy the items or they can buy it themselves and place it in designated collection boxes," says Arace. For more information about Homeless Outreach and the event, please visit the website:

www.arkansashomeless.org.

<u>COMMUNITY CALENDAR</u>	<u>2004 Susan G. Komen Race for the Cure</u>
<p><u>September 6th</u> - Labor Day Holiday</p> <p><u>September 8th</u> - United Way Community Campaign Kick-Off at the Rivermarket, 11:30 a.m. - 1:00 p.m.</p> <p><u>September 13-17</u> - National Volunteer Firefighters Week</p> <p><u>September 18th</u> - Alzheimer's Arkansas Walk, Garvan Gardens, Hot Springs, AR</p> <p><u>September 25th</u> - Homeless Outreach Event, Riverfront Park, North Little Rock</p> <p><u>October 2nd</u> - Alzheimer's Arkansas Walk, Little Rock Zoo, Little Rock, AR</p>	<p>Please contact Blondell Hinton with DYS (501-682-9468) if you are interested in participating in the following areas:</p> <ul style="list-style-type: none">- Entry forms for the race- Pink Postcards in memory of a survivor or in memory of someone special- To be a spirit runner- Three Miles of Men <p><u>FEES</u></p> <p>Team Race Registration - \$20</p> <p>Team Spirit Runner - \$20</p> <p>Team Three Miles of Men - \$20</p> <p>Pink Postcard Tribute - \$5</p>

***In Memory of....
Beulah Lee Childs Lovett***



On Thursday, August 26th, the Office of Finance and Administration hosted a memorial in honor of Beulah Lovett in the Little Rock Central Office . She departed this life on Wednesday, August 18th. Ms. Lovett was an employee with OFA and had given 22 years of service to the state of Arkansas. During the memorial service, a plaque of appreciation from OFA employees and a certificate from the Secretary of State's office were presented to Ms. Lovett's family. At the presentation, Linda Nimmer (OFA) and her mother, Juanita Spencer donated a check to the Arkansas Cancer Society in honor of Ms. Lovett. We'll miss you Miss Beulah, but you're in better hands now.



Do you have something you'd like to share in the newsletter?
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Ingrid.Green@mail.arkansas.gov. Send a fax to (501) 682-6836
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